

Episode 65: How does a holistic session work?

MERYL: Hey everyone, your Rebel Nutritionist back with Renie Andersone.

I think we're gonna have to do like a week long series cuz she and I have so much to talk about. Maybe a workshop is in order, but anyway, I had a, just a thought on that, a quick download, but I wanted to bring her back on to, I we get stuck in these situations, whether it's with a client or whatever and, and, and I try and always manage expectations with our clients of **what does a first session look like?**

What do you want out of this? People come in thinking, oh, well it's just gonna be nutrition and you're gonna give me the solution to all my problems. And, oftentimes I said there's more discovery work than not. And it was interesting. So welcome back. Renie

RENIE: thank you for having me. I really enjoy this.

MERYL: So I had a client yesterday and it's, and it's not, this is the reason I'm bringing this up because this. Common theme that I hear with our clients, regardless of how often I say let's **manage the expectation of what it is you're coming in for and what results you're looking for.** I had this woman who is feeling awful when I tell you feeling awful, her anxiety is through the roof.

She cannot function. She cannot eat. She's lost a tremendous amount of weight and sought us out because she's **not getting answers from her other practitioners.** She's not you know, there's no solution for her. And she's debilitated at this point. And she continues to deteriorate. So in our session and we spend an hour and a half with our clients in our session, she had cried multiple times and we've gone through some of where her trauma was, as you and I have spoken.

Right. What is that trauma? It, I always say **the issues live in the tissues.** Right. And so That all has resonated to where she is now. And we came up with some solutions for her and we explained that it's a process and, and, and **she was all in.** And then yet today **comes back and says, well, I don't know if this is a good fit.**

I didn't get exactly what I needed from you. And I'm taking a step back and going, wow. She really expected that

40 years of this,

this me, this whatever has contributed to her disconnect and her imbalance with herself, her, her physical and physiologic. I implant balances. **She expected me to fix that in two hours. And when there wasn't this immediate solution, she's questioning the process.**

And, and yet I didn't wanna leave her with overwhelmed because had I have gone where I wanted to go, it would've been beyond overwhelming. And she probably was, would've still come back to me and say, oh, you know what, I'm overwhelmed.

This is too much work. I can't do it. So you had said something to me when we were talking about this, like, what are your thoughts on that?

RENIE: Well, I mean, my initial gut response, I have to go back. Right. Because in the moment I always get these intuitive hits and then I have to go back and try to like, sorry, I should, no, it's fine.

Like, oh, let's recreate that intuitive hit. I don't know that I can, but I'll tell you what my gut said. So the same thing that like, like **it's never enough is what creates her discontent.** And I'll tell you one of the things Meryl, why boundaries are so important is that it's like a check made and it's like, I'm not gonna take on, what's not mine in this.

Let's open the door. And the seed was planted, but your disconnect, right? It's like, so what would you wanna be different in the morning when you wake up? Based on the work we did. where are you at in that? **What word would touch your heart to make tomorrow morning be different?** because what you just did is you unloaded your bag of crap on my doorstep.

You wanted me to take a look at it and dismantle it. I did. I **offered some solutions to that bag of crap, but you wanna keep the bag of crap.** excuse the analogy, right? It's kind of gross, but isn't that what we do to ourselves in our mind, with our issues. And then we put, we go to victimhood again, we go to the, like, this I'm a victim to it.

You didn't give me the magic bullet for me. I don't think you're a perfect fit for me. And I'm gonna go on to the next, I'm gonna keep searching life, trying to find what is really inside of her, which is. In that place of feeling like you didn't get a solution from Meryl. If you did know what the solution was from Meryl, what would it say to you today?

and then for me, what I do is I just get quiet and **I can sit with a client for 15 minutes in silence, if need be.**

MERYL: That's great. I, because

RENIE: I can, I can fill in words. I can **give you what I think my solution might be, but when I take out my agenda or my personal trajectory of it for you, cuz let's face it right** when it's my idea, I'm more apt to do it.

Mm-hmm but when it's somebody else's I get resentful cause now I feel like I'm being told what to do. That's not towards you or any practitioner, right? It's just human psyche. Right. And so here's your issue? What word in there would touch your heart to make it different, be it different tomorrow morning.

Mm-hmm what would finally help you feel in touch with that pain point enough

that you find that pause, right? So X, Y, Z, when you were a kid in the trauma, and so you navigated it with dysfunctional behaviors or ideas that made you feel safe, or that worked at one point and they're no longer working. So if you did know what you needed in that moment, what word would it be?

what idea? What scenario in your mind? Well, I wouldn't be so angry at my mother, or I wouldn't feel like she never heard me. So where do you not feel. How do you feel heard for you? What do you need in that moment? Like **what is your little kid inside need in that moment?** I talk to my little Renie all the time.

the little girl that wanted daddy's love. That felt like I was too much from him. I'm a burden. You're too much go to your room. What do I need in that moment? What does little rainy need? Mm-hmm hi, honey. Come sit on my lap. Well, I've got you today. You want me to brush your hair? Okay.

I'll be happy to brush your hair. **People feel so awkward when I have them do that level of work, because they're just not like they almost can't imagine it.** So I'll say, I want you to imagine a little kid, your age, where the wound began at the, at a, at a you're driving by and here they are in the playground and they're sitting there all alone crying, and you pull your car over and you get out and you walk over to 'em and you ask 'em what's wrong.

And they go, I don't feel, I feel scared today at school, my, my friends are being mean to me. My mommy didn't pay attention to me at home today. She told me that I needed to be quiet. Oh honey, I'm sorry. I'm sorry that's happening to you. But you know, **what I know about you is that there's a place inside of you that's alive and well**, and it, and, and your friends are just friends can be like that. We can all do that, huh? Yeah. Have you ever done that to your friends? Yeah. Mm-hmm so what do you need, what do you really

need? I just wanna hug. Do you wanna hug? And what else? I just wanna hug here. It is. Mm-hmm

What I'm getting at Meryl is that **self soothing is always available to us**. That might be a really weird scenario, right? It might not be the greatest of examples, but I hear that a lot from my clients when I take 'em there.

MERYL: , I think it's a fabulous example. I mean, I really do. And you know, I'd love to, I would like to be able to take my clients there.

I think what you said about that bag of crap is so powerful. And, and like you said, taking the moment to just take the moment and you know, one of the things that this woman said to me is that I asked her if she meditates, yes, she meditates da, da, da at night. And I said, well, why are you let's talk about the sleep part.

She goes, well, when I really relax my whole body shakes and that scares me, right. And so it's like, wow, that's. And **she stays busy, so she doesn't have to relax** yet. Right. We talked about the nervous system and **her nervous system is in such overdrive that it's it's it's talking to her** .

RENIE: being still for her wasn't safe as a kid.

Yeah. So being still might meant that she got slapped or that she was called lazy could have been a million scenarios. Right. Right. And so for her like that little girl inside that it's okay to finally like you it's, you're safe to sit here with me. Right. You know, in that moment, when she **people have this idea that meditation is about peace and relaxation and it couldn't be further from the truth**.

It's why most people don't maintain meditation. **Meditation is meant to bring you just to a level of awareness of what you do that gets in your own way**. Yeah, period. And so we bring it to discomfort. We're not meditating to alleviate the pain. We're meditating to see that. When I do get quiet, my body, my all my whole entire body shakes, it'd be fascinating.

If you asked her in a safe environment, can you just let it shake to where it stops shaking on its own? Because now all of a sudden you've given it a voice that it's okay for me to shake here. Yeah. I'm you know, I mean, unless she has heart issues or there's gonna be another a comorbidity there to let it shake and then to ask it what comforting emotion do you need from me in the shaking and you, and you handshake the shake.

So to speak, like what comforting emotion. I work with cancer patients at that level.. You know, what do you, what do you, what do you, what, what do you need in this moment? I need patience. I need understanding. I need a level of being understood. I feel like I need to be heard right now. The shaking needs to be heard.

I need soothing. And then you **is there a color with it?** Right? **What does that image look like?** Well, I feel like now I'm floating on a body of water and I feel like something's released, I found great relief there. **Why do we go to doctors? We wanna find relief. so what if we found relief within our own thoughts?**

in that moment by trusting that. Wow. Hang on a second here. Okay, so I'm shaking. This is an old thing. Hmm. Wow. I just realized that the shaking doesn't have as much, on me as it did, it doesn't have that hook inside of me as much. that's more fascinating. **And I'll tell you the antidote to anything is curiosity.**

I hope that helped.

MERYL: Yes, it totally does. And I think that's applicable in every situation. It doesn't have to be shaking. It's right. **Have I sat with myself long enough to hear and listen?** right here and listen. That's when, when people come to me and I'm sure when they come to you, right. The number one thing they say is, wow.

I finally felt like I've been heard. I have not been dismissed and diminished. And you know, that it's just in my head , when it probably is in their head. So she means it right. But how do we, how do we help them negotiate that?

RENIE: So, yeah I worked with a cancer patient yesterday for first time in, in the group therapy session.

It's not therapy, group session. And I start off right about, about the nervous system. Right. And first thing she tells me is,, the binder that they gave her at radiation, that every patient should have this. And I mean, and she was zealous over it. Like this was her whole focus of coming to class was that people should know about this.

and I don't know if she'll ever come back because I just gently stopped her and said you're fired from that. Thank you for bringing it to the attention, but this is a big, huge corporation entity of a hospital. I'm glad you brought it to the attention that you want more people to have it.

But now this is not for you to worry about. Now, your focus is gonna be on you, which you're not used to. And how do you navigate you rather than wanting to navigate other psyches so that they get what they need? **that's probably the disease of everyone, is let me fix you. So I don't have to look at me.**

MERYL: Right, right. I go back and look at people and say, **what is your self care routine?** And they look at me like I have three heads. What do you mean self care? I'm supposed to take care of myself? and I did a podcast just recently. I say, I always say self care is not being selfish yet. Trying to it is, **it is the very nature of self preservation.**

Right. And so that people don't really don't, don't hear very often and don't listen to don't and don't embrace. Right. They don't embrace.

RENIE: **Where are you at on the list is what I always ask people** in that ballad do. They're usually at the bottom of the list, like **it's foreign to not take care of your kids first it's foreign to not make sure your husbands has had his needs met.**

What do you mean by my needs? And I work mainly with women and I see this unequivocally, I work with people all over the world and I see this unequivocally, some cultures are way better. Way better than we are. But they're, they are not on the list. Usually, even at all, like they might when surgery happens and they've got a down time of six weeks, I always say what's the wisdom of the surgery right now.

Wow. I actually finally get to read that book without feeling guilty. I actually get to tell my family I don't care how you vacuum go ahead and vacuum. I'm gonna receive that instead of being the perfectionist and doing it myself, because I can do it better. And it's just easier for me to do it than explain it to you kind of mentality. Yeah. I'm gonna actually receive and be okay with how you vacuum the floor. I'm actually gonna be able to go read my book without wondering if the lot of laundry was taken care of. You know, those are little things, but they're big things overall because just like the accumulation of when we're kids and how we acclimate and how we negotiate and navigate.

We can start doing that for our nervous system. And over time that becomes an accumulation as well to wellbeing.

MERYL: Oh yeah, absolutely. I totally see it. You know, you can totally see it with, with the wisdom of age is that right? We get to look back and go, oh, that that's what I should not have done.

Right. And you get, and you try and teach people and they're just too stuck in it. But absolutely. Yeah, yeah. You know, that's part of, we

RENIE: we argue, we argue for our limits. We love arguing for, what's not working because of that safety factor. And we need to not argue for what's working. We need to just, just allow it to, what's really working, like to dwell in our days of like, wow, wow.

Like I really am capable. Like I really wanna feel and look and see and use my imagination to what that feels like, rather than always feeling like somebody else needs to fix me. Yeah.

MERYL: Perfect. I love that. I think we are gonna end there for the sake of time but again, thank you for your infinite wisdom.

And I just, wow. I, I'm excited to continue these conversations with you. So once again, thank you for, for all of that and thank you until next time.

RENIE: Absolutely. And thank you for your genius and your heart and what you bring to people. What a gift, what a gift it is that you do these podcasts to talk about these things and to engage people at that level.

So I'm very honored and privileged to be here. Thank you for inviting me. It's like, thank you. Brings tears to my eyes because it's like, wow. Like we are really all connected and let's do this guys. No, one's better. No, one's less. Let's just do this.

So thank you, Meryl. Thank you. Wow, that was that, that I just got chills.

MERYL: So thank you. And nothing else to be said on that one. This is your Rebel Nutritionist signing off. Make it a great day.